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**Title: Navy's Operational Stress Control (OSC) Program**

Host: LCDR Chavez (Introductory Remarks)

Podcast Produced by: Defense Media Activity

Description: DoD Live Bloggers Roundtable with Capt. Lori Laraway, coordinator, Navy Operational Stress Control Program. She discussed the Navy's Operational Stress Control (OSC) program and its success in increasing awareness of operational stress and the need to build psychological resilience. Feedback from the Behavioral Health Quick poll, NPC poll, surveys, focus groups and training assessments, indicate a growing awareness of the stress continuum and the importance of recognizing stress at work and at home. While awareness of stress issues is improving, this year's Behavioral Health Quick Poll respondents indicate longer deployments and manning issues contribute to increasing levels of operational stress. To address these needs OSC continues an aggressive education, training and communication. OSC is about helping Sailors, families and commands to become more resilient by increasing their ability to prepare for, recover from and adjust to life in the face of stress, adversity, trauma or tragedy.

Presented as an episode of DoD Live Bloggers Roundtable: Dec 1, 2010